

# Bean and Rice Burritos (FDD)

**Makes:** 8 Servings

Tip! Use canned beans labeled "low sodium," "reduced sodium," or "no salt added."

## Ingredients

- 2 cups** rice (cooked)
- 1** onion (chopped)
- 1 can** low-sodium, light red kidney beans (drained, about 15 ounces)
- 8** flour tortillas (about 7 to 8 inches each, can use whole grain tortillas instead)
- 1/2 cup** salsa
- 1/2 cup** low-fat cheddar cheese (grated)

## Directions

1. Preheat oven to 300 degrees F.
2. Mix the rice, onion, and beans in a bowl.
3. Place the tortillas flat on a baking pan and put about ½ cup of the bean and rice mixture in the middle of each tortilla.
4. Fold the sides of the tortilla over to hold the rice and beans.
5. Bake for 15 minutes.
6. Add about a tablespoon of salsa and a tablespoon of cheese to each burrito.
7. Serve warm.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>290</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	N/A
<b>Sodium</b>	<b>510 mg</b>
<b>Total Carbohydrate</b>	<b>51 g</b>
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	N/A
Calcium	115 mg
Iron	8 mg
Potassium	N/A
N/A - data is not available	

**Source:** Recipe adapted from SNAP-ED Connection Recipe Finder